



Auerbach Freshman-Sophomore Championships

Large Schools – Saturday, January 4, 2020 – 10:00 AM

Small Schools – Sunday, January 5, 2020 – 10:00 AM

Robert McIntyre Track at Reggie Lewis Track and Athletic Center
1350 Tremont St., Roxbury, MA

Hosted by:	Large Schools – Woburn Memorial High School Small Schools – North Reading High School																																							
Sanctioning:	M.I.A.A.																																							
Meet Directors:	Large Schools – James Fletcher, jamesfletcher.hc@gmail.com , 617-543-5261 Small Schools – Lou Tozzi, lp.tozz@gmail.com , 617-947-1031																																							
Sponsor:	Auerbach Youth Foundation																																							
Small/Large School Threshold	<ul style="list-style-type: none"> • Small Schools are those with enrollment of 1099 and lower. • Large Schools are those with enrollment of 1100 and higher. • Each school's data is based on the 2019-2020 MIAA alignments. <p style="text-align: center;">MIAA Indoor Track and Field Alignment</p>																																							
Events and Standards	<p><u>Events and Standards</u></p> <table border="0" style="width: 100%;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>Girls (Large)</u></th> <th style="text-align: center;"><u>Boys (Large)</u></th> </tr> </thead> <tbody> <tr><td>55 M Dash</td><td style="text-align: center;">8.75</td><td style="text-align: center;">7.65</td></tr> <tr><td>55 M Hurdles</td><td style="text-align: center;">11.7</td><td style="text-align: center;">11.0</td></tr> <tr><td>300 Meters</td><td style="text-align: center;">48.5</td><td style="text-align: center;">42.5</td></tr> <tr><td>600 Meters</td><td style="text-align: center;">2:00</td><td style="text-align: center;">1:40</td></tr> <tr><td>1,000 Meters</td><td style="text-align: center;">3:45</td><td style="text-align: center;">3:05</td></tr> <tr><td>One Mile Run</td><td style="text-align: center;">6:10</td><td style="text-align: center;">5:20</td></tr> <tr><td>Two Mile Run</td><td style="text-align: center;">13:30</td><td style="text-align: center;">12:00</td></tr> <tr><td>Shot Put</td><td style="text-align: center;">21' 0"</td><td style="text-align: center;">30' 0"</td></tr> <tr><td>High Jump</td><td style="text-align: center;">4' 6"</td><td style="text-align: center;">5' 0"</td></tr> <tr><td>Long Jump</td><td style="text-align: center;">12' 0"</td><td style="text-align: center;">15' 0"</td></tr> <tr><td>4 x 200 meter Relay</td><td style="text-align: center;">2:00</td><td style="text-align: center;">1:48</td></tr> <tr><td>4 x 400 meter Relay</td><td style="text-align: center;">4:50</td><td style="text-align: center;">4:10</td></tr> </tbody> </table>		<u>Girls (Large)</u>	<u>Boys (Large)</u>	55 M Dash	8.75	7.65	55 M Hurdles	11.7	11.0	300 Meters	48.5	42.5	600 Meters	2:00	1:40	1,000 Meters	3:45	3:05	One Mile Run	6:10	5:20	Two Mile Run	13:30	12:00	Shot Put	21' 0"	30' 0"	High Jump	4' 6"	5' 0"	Long Jump	12' 0"	15' 0"	4 x 200 meter Relay	2:00	1:48	4 x 400 meter Relay	4:50	4:10
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Waiver & Participation Rules:	<ul style="list-style-type: none"> • All teams <u>MUST</u> submit the <u>MSTCA Single Waiver Form</u> for the Indoor Season along with a copy of their team roster, prior to their team being allowed to compete. • Please submit your waiver form and team roster by Friday, December 13, 2019. • Waivers and rosters can be mailed to: Jim Hoar 31 Campion Road Yarmouthport, MA 02675 • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • An athlete may participate in 1 running, 1 field and 1 relay per athlete. • Only athletes who are enrolled as Freshmen or Sophomores may participate. Middle school students may not be entered • A school may enter its <u>two</u> best athletes per event as long as both athletes have met the qualifying standards listed. • If a coach would like to enter a third athlete who has met the qualifying standard in an event, the coach must contact and receive permission <u>from the Meet Director</u> no later than 11:59 p.m. on Wednesday, January 1. • All athletes must have achieved the qualifying marks in a previous competition. Entries without seed times/distances will not be accepted. • A school may enter only one relay team per relay event. • Competitor numbers must be worn on the front of the uniform, including relays. 																																							
Entry Deadline	<ul style="list-style-type: none"> • Wednesday, January 1, 2020 by 11:59 p.m. • All entries should be submitted on www.directathletics.com. 																																							

<p>Order Of Events</p>	<p>FIELD EVENTS – 10:00 a.m. – Check in prior to 9:45 a.m.</p> <p>Shot Put: Two Throwing Sectors; Girls and Boys compete simultaneously.</p> <p>Long Jump: Girls followed by Boys</p> <p>High Jump: Check in begins on the infield at the conclusion of the Dash & Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.</p> <p>INFIELD – 10:00 a.m. – Check in prior to 9:45 a.m.</p> <p>Hurdles Trials: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.</p> <p>Dash Trials: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.</p> <p>Hurdle Finals: Boys before Girls Dash Finals: Girls before Boys</p> <p>OVAL – 10:30 a.m. – Check-in in the gym; Girls followed by Boys</p> <p>Unseeded Two Mile Run: Sections on time, fastest section last. One Mile Run: Sections on time, fastest section last. 600 Meter Run: Sections on time, fastest section last. * 1,000 Meter Run: Sections on time, fastest section last. 300 Meter Dash: Sections on time, fastest section last.* Seeded Two Mile Run: Top 18 seeds only. 4 x 200 Meter Relay: Sections on time, fastest section last.* 4 x 400 Meter Relay: Sections on time, fastest section last.*</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p>
<p>Entry Fees</p>	<p>\$10 per individual event \$25 per relay \$175 maximum fee per gender</p> <p>Each school must notify the MSTCA's Finance Officer at mstca.billing@gmail.com of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> • If a school is using the MSTCA's Single Payment method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment. • If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email. • If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email. • If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email.

<p>Entry Fees</p>	<p>Please make checks payable to: MSTCA and mail to</p> <p>MSTCA c/o Auerbach F/S Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p style="text-align: right;">MSTCA Tax ID # 04-3394224</p> <p>Late Entry Policy: If a school misses the Wednesday deadline and still wants to compete, the coach must contact and receive permission <u>from the Meet Director</u>.</p> <ul style="list-style-type: none"> • Prior to 7:00 p.m. on January 2: Late entry fee is \$50.00 per person or relay • After 7:00 p.m. on January 2, no entries will be accepted. • Late fees must be paid before the team is allowed to compete.
<p>Entry Lists</p>	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Friday, January 3.
<p>Equipment: Shots, Batons & Blocks</p>	<ul style="list-style-type: none"> • Teams must provide their own relay batons. • Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them.
<p>Shot Put</p>	<ul style="list-style-type: none"> • Each thrower will be allowed three throws. • The top 9 throwers will advance to the Finals. • All first legal throws will be measured. Then, only throws of 21' and over (girls) and 30' and over (boys) will be measured
<p>Long Jump</p>	<ul style="list-style-type: none"> • Each jumper will be allowed three jumps. • The top 9 jumpers will advance to the Finals. • All first legal jumps will be measured. Then, only throws of 12' and over (girls) and 15' and over (boys) will be measured • No runbacks are allowed. Athletes should come prepared with a mark.
<p>High Jump</p>	<ul style="list-style-type: none"> • Girls Opening Height: 4' 4" • Boys Opening Height: 5' 0" • Height progression will increase by 2 inches. • The "Five Alive" rule will be used until only six jumpers remain in the competition
<p>Two Mile Run</p>	<ul style="list-style-type: none"> • The top 18 seeds in the Two Mile Run will race in a seeded section immediately before the relays. • All other Two Mile Run competitors will race in unseeded section(s) at the start of the oval portion of the competition. If there are multiple unseeded sections, the fastest section will be last.

Awards	<ul style="list-style-type: none"> • Top 8 finishers in each event will receive medals. • There will be a trackside awards ceremony for each event as soon as the event is done and results are available. Please make sure your athletes are present at this ceremony and in their school issued uniform. • No team awards.
Results	<ul style="list-style-type: none"> • Results will be posted on www.mstca.org, the official MSTCA web site.
Spikes	<ul style="list-style-type: none"> • Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. • Spikes are allowed ONLY in the track area. • Correct spikes will be sold in the gym. • Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.
Emergency Contact Form	All coaches must have filled out a MSTCA Reggie Lewis Center Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.
Inclement Weather	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. • If there is any doubt, you may call one of the following to check: <p> Reggie Lewis Center 617-541-3535 Jim Hoar 508-776-7589 Rick Kates 781-706-3340 James Fletcher 617-543-5261 Lou Tozzi 617-947-1031 </p>
Parking at Reggie Lewis Center	Parking is available for patrons attending track and field events at the Reggie Lewis Center on a first-come-space available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.